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RADIO SERVICE

Housekeepers Half Hour

OFFICE OF INFORMATION

United States Department of Agriculture

Release May 3, 4 or 5.

19
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Reserve



WHAT SHALL WE HAVE FOR DINNER?

What the child has for dinner 365 days in the year and what he has for breakfast and lunch the same days, make a big difference in his health. That is the reason the Bureau of Home Economics, United States Department of Agriculture, in observing Child Health Week, is putting the family menu in the background today to talk about planning children's meals. The dates set aside by the American Child Health Association for special thought on child health problems are May 1 to May 8 and the various organizations interested in child welfare are calling special attention during this time to the things that make healthier, happier children.

Everyone listening in today can call to mind some sturdy, rosy-cheeked, bright-eyed little child. Grown-ups are delighted with the sight of such a child and call him "the picture of health." Why aren't all American children pictures of health, reared as they are in a country full of wide, open spaces with plenty of fresh air and sunshine and an abundance of good food? The outstanding reason for malnourishment or for malnutrition among children is bad food habits. Children reared in homes of plenty may be pale, hollow-eyed, and scrawny because they are pampered in unwise food likes when they should be trained to eat and enjoy what is chosen for them.

Sometimes children get the habit of eating dishes which are unsuitable for them because the busy mother has not time to plan and prepare two separate menus. She doesn't realize how easy it is to adapt the grown-ups' food to the children's needs, simply by making a few changes when she is cooking or serving it. Often she doesn't appreciate the importance of giving the children a simple

diet rather than the highly flavored food the rest of the family has come to prefer because they have acquired a taste for it. (As a matter of fact, all of the family would be better off with the simpler foods). There are really not great differences between what is good for children and what is good for their parents. Both need food for energy, certain materials for building muscle, blood, bone, and teeth and others for keeping their bodies in good, healthy condition. Of course, it is more urgent that children have an abundance of these growth- and health-promoting substances because they are still lengthening their bone structure, enlarging their bodies, and developing their teeth. Adults, having their growth, need to keep their bodies in good muscle tone and running order to repair waste tissues and to provide energy for the business of the day. In other words, the grown-up who slightslights certain body needs or mistreats his digestive system is not abusing himself anything like so much as the growing child would if he treated himself the same way.

What, then, are the specific food requirements during growth and how can they be met? There must be protein to make flesh and muscle. Milk and eggs are the best sources of protein for the little child. Cereals and certain of the vegetables supply some but in less efficient form. Meat and fish are other good protein foods which are added to the list when the child is somewhat older. There are several reasons for suggesting milk and eggs first. Their protein is easily used in the body. They are bland in flavor and may be prepared in a variety of simple though attractive dishes. More than that, they contain valuable mineral salts and vitamins as well as the protein. The mineral salts which are especially important during growth are calcium to make bones and teeth hard, iron for rich, red blood, and phosphorus for bones,

blood, and muscle. Some of these minerals are found in milk and some of them in eggs. Fresh fruits and vegetables, especially the watery kind that have very little starch, are also good carriers of minerals.

Nature has been provident in putting vitamins in many of the foods that are rich in minerals. Everyone has heard these days about vitamins, those substances found to be necessary for normal growth and as protectors against certain so-called "deficiency" diseases. There are several different vitamins, each serving a definite purpose in the diet. In planning meals, however, it is often easier to think of them as a family and to count on whole milk and eggs, citrus fruits, leafy vegetables and tomatoes, butter, and the whole-grain cereals to supply them. Cereals, by the way, contain mineral salts, too, when a large part of the grain is used. The dark, coarse breads and breakfast foods aside from having a nutty flavor are good because they still contain minerals and vitamins, and also because they are bulky and prevent that prevalent American malady, constipation. Plenty of water, especially taken early in the morning and just before meals, is a great internal cleanser, too. It is needed also to make body fluids such as blood and saliva and to regulate body heat, and children should be taught early the habit of drinking plenty of water.

Now where have we traveled? All around the menu? Emphasizing the value of the right food in growth and health and telling how the various food groups fill the needs of the growing child. Such important information bears repetition and it can well be summarized under the heading - give the growing child the following foods each day:

MILK At least a pint

At least a pint

VEGETABLES

Potatoes and 2 others (use green leaf vegetables and tomatoes often)

FRUIT	2 kinds, one fresh and the other dried or canned
CEREAL	Bread or breakfast food (Use whole-grain products frequentl;
EGG OR MEAT OR FISH	at one meal
BUTTER	at every meal
A FEW SIMPLE SWEETS	at the end of the meal
	Plain cookies
	Raisins, dates, or figs
	Jelly
	Molasses
	Brown sugar
	Maple sirup
	Honey

Those of you who listen in regularly expect a menu, and perhaps today a special one for the children. As a matter of fact, practically all of the menus which we have given have been suitable for the big meal of the day for the children as well as their parents, with a few modifications. For instance, when pork is used for the family, it is better to give the children eggs or some special egg dish because pork is very rich. Other foods rich in fat such as pies, doughnuts, rich gravies, and "short" butter cakes are none too good for adults and entirely unsuitable for young children. If you frequently serve these rich foods, plan to save out custard sauce from the cream pie for the children or to give them stewed apples instead of apple pie. If they have never been allowed to have pie, doughnuts, and heavily frosted rich cakes, they will be contented with simple cookies or dates or with a piece of candy for their dessert.

Some parents serve the children at a small table by themselves or give them their meal early so that they are not tempted by things which are not good for them. Others are trained from the beginning to eat with the rest of the

family, enjoying their own food. As they grow more observing they may notice differences between their plates and the others. That is time enough to tell them that big folks need different things to eat just as they need different kinds of clothes. If food is not the subject of too much comment and the likes and dislikes are not paraded in the table conversation, there will be few troubles about the children's eating.

Try the following menu today. It will fill the needs and please the taste of the whole family.

Broiled meat cakes

Tomatoes stewed with celery

Mashed potatoes browned in the oven

Whole wheat or graham bread and butter

Caramel custard with plain cookies or sweet crackers

Milk to drink, at least for the children.

TODAY'S BEST RECIPES

For the broiled meat cakes for a family of five, you will need about a pound and a half of lean beef. Many persons prefer the round for meat cakes, but lean meat from the less expensive cuts, such as steaks from the fore quarter is satisfactory. From whatever part of the carcass the meat comes, have it ground twice. Various kinds of seasonings may, of course, be added but for children the meat itself with melted butter and salt added just before serving gives flavor enough. If you have an abundance of eggs, a yolk or two added to the meat give a richer flavor and increases the food value. This is not at all necessary, however, and excellent meat cakes can be made by simply shaping the finely ground beef into rather flat cakes and broiling them quickly in a

pan, rubbed with just enough suet to keep them from sticking, or broiled under a gas flame or over hot coals. In forming the cakes be sure not to pack the meat together too firmly, for this will make the cakes hard when they are cooked. Be sure also not to over cook the cakes. If they are rare inside when served they will have more flavor and juice.

For very small children, scraped beef is better than ground beef. This is generally prepared by scraping off the more tender part of a thick piece of round steak. This scraped meat may then be formed into cakes and broiled, or broiled on bread in the following way. Toast the bread on one side. Spread the meat thinly on the untoasted side, sprinkle very lightly with salt, dot the meat with butter and broil quickly for a very few minutes directly under a gas flame.

In preparing the stewed tomatoes and celery cook them until they are thick enough to serve right on the plate with the meat cakes. The celery should, of course, be chopped before it is added to the tomatoes. A few drops of onion juice will help to tone up the flavor.

After the potatoes are mashed and seasoned, heat them until they are light, add one or two well-beaten egg whites if you prefer, and put the potatoes into a greased baking dish and brown the top in a hot oven.

Caramel custard is made like any other custard, either baked or boiled, except that caramelized sugar is used in place of ordinary sugar for sweetening. Sugar can be caramelized easily by placing it in a heavy skillet over slow even heat and stirring it constantly until it melts and becomes a heavy brown sirup. As soon as it reaches this stage take it from the fire at once, and use it for flavoring and sweetening the custard. If you like a stronger caramel flavor

pour some of the caramel sirup over the custard when it is served.

QUESTIONS WOMEN ARE ASKING

We are giving only one question and answer this time because that is so important that everyone should know the answer to this question. We want you to think about it a great deal, especially if you have a child in your family.

Question: How can good and poor nutrition be recognized in growing children?

Answer: A child that is well nourished has an erect, sturdy, well-developed body with straight legs, flat shoulder blades, full rounded chest, strong white teeth, and firm rosy flesh. The expression of his eyes and face denotes a keen happy mind, and all his movements show vigor and energy without undue nervousness.

The body of the undernourished child exhibits just the opposite characteristics and his listless attitude toward life or his extreme nervousness and irritability show that he is carrying a heavy handicap. His body is likely to be stooped, not well padded with flesh, and the flesh itself pale and flabby. The chest is flat and narrow, while the shoulder blades protrude in "wings," and bowlegs and knock-knees show that his food has not furnished the right materials for proper bone formation. The teeth are often uneven and show evidences of decay, and the breath is unpleasant, instead of sweet like that of the normal child. There are dark circles around his eyes, and the expression is often dull or wistful. Because of the low resistance of such a child he offers fertile ground for bacteria and oftentimes "catches" one disease after another. He is finicky about his food, and temper tantrums are not infrequent. His school work is likely to be erratic and below standard. Some or all of these signs of malnutrition are found in a large percentage of the preschool and school children of the United States today.

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210 *Journal of Health Politics*

J. M. C. LEECH AND R. BAGG

RADIO SERVICE

Housekeepers Half Hour

OFFICE OF INFORMATION

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Reserve

WHAT SHALL WE HAVE FOR DINNER?

Perhaps you've eaten the combination known in restaurants as a "vegetable plate. Many a homemaker has found this kind of a meal on the home table very popular. The special plates divided by little ridges into separate compartments, one for each vegetable, are not needed. These plates add novelty, but a vegetable dinner tastes just as good when served in the usual way.

There is an especially good reason for serving a vegetable dinner this week. May 1 to 8 is Child Health Week, and almost everybody who writes or talks about child health sooner or later mentions the need of vegetables. Fresh ones and plenty of 'em, in the diet of the growing child. This week the Bureau of Home Economics of the Department of Agriculture has planned this dinner principally for the children. If the children are to form the kind of food habits that will help them grow strong, sturdy bodies and alert minds, they should have an appetite for all kinds of simply cooked vegetables.

The markets at this time of year are most tempting, with a variety of fresh vegetables from the South. It is no novelty to be able to buy new peas, string beans, slicing tomatoes, asparagus, summer squash, egg plant, and even lima beans, in any large city. Home gardens in the middle states and farther north are, of course, just started, but even there spring onions, lettuce, radishes, and asparagus are ready to pick. Also the good things in cans need not be overlooked. As the summer advances your choices for a dinner of this kind will increase and you can then have one often with so many different combinations that they will never need be twice alike. That is one of the great things about using a variety of vegetables. Hardly any two look, or

smell, or taste just the same. With all the different colors and textures and flavors of vegetables the meals can be kept varied and appetizing and well balanced, too, from the standpoint of food value.

From three to five vegetables are usually served in a vegetable dinner. There should be at least one hearty kind, that is one that contains a rather high proportion of protein and starch, either in the vegetable itself or in the other foods combined with it. There should also be variety in texture and flavor - something crisp, something soft, something mild flavored, something acid, and at least one pronounced flavor to give zest to the entire combination. And there should be enough richness in the seasoning of the vegetables or the way they are cooked to make them substantial enough for the main course at dinner. Some people complain that a vegetable dinner does not "stick to the ribs" and that it just fills up the stomach with "bulk." It is, of course, true that vegetables contain a high proportion of cellulose and water and that they do not stay in the stomach so long as meats and other foods rich in fat. The vegetables, however, can be easily enriched with enough butter, cream, or other fats to make them satisfy the appetite. And what is more they contain an abundant supply of the much-needed vitamins and minerals.

Three hot cooked vegetables and one raw one are suggested for today's menu: Potatoes delicately browned in butter or other fat, shredded carrots in milk, asparagus or new peas, spring onions or radishes. Contrasts in texture, color, and flavor are all given in this simple combination. The browned potatoes are starchy, rich, and crusty; the orange-colored carrots/ are soft and slightly sweet; the asparagus or new peas are fresh green, tender, and juicy; and the spring onions or radishes are so crisp and succulent that they give the teeth good exercise.

This is only one of a great many equally good vegetable combinations that might be chosen. For instance, corn pudding made from canned sweet corn, milk, and eggs; spinach seasoned with cream and butter; buttered beets; and raw celery would be just as good.

The children and everybody would doubtless like a fruit drink with this vegetable dinner, especially if the day is warm. Orangeade and lemonade are two old favorites that seem to grow better the more they are served. Almost any kind of fruit juice, fresh or canned, however, can be made the basis of a good drink.

Just now the dessert that will appeal to every member of the family is undoubtedly strawberry shortcake with whipped cream. Do you have a standing argument in your family every year as to which is the best kind of shortcake - the old-fashioned, biscuit dough shortcake, served warm, or the cake type? It's all a matter of person preference, of course. The cake kind is very good, and there are many times when the homemaker finds that it is far easier to make a sheet of cake early in the day, or buy it and put her dessert together a little before dinner, than to manage hot biscuit the last thing before coming into the dining room herself. Personally, however, we have a weakness for a good, rich round of light biscuit, split in the middle, generously buttered, and just dripping with crushed berries spread over it the very last thing. And we like to put the best berries, - the perfect, extra large, whole ones on top where they will show, and help ourselves to whipped cream from a separate bowl, if there is any cream. Some people though enjoy this sort of shortcake better without cream.

If strawberries are not yet in season in your part of the country, have

a shortcake anyway, only make it with bananas, prune pulp, stewed apricots, canned peaches, or stewed rhubarb. When you can get raspberries and fresh peaches have some more shortcakes, too, - there's nothing that will make you more popular with your family! We'll tell you how to make both kinds of foundation.

Once again here is the entire menu for today:

Potatoes, browned in butter or other sweet fat

Shredded carrots in milk

Asparagus or new peas

Raw spring onions or radishes

Strawberry shortcake.

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TODAY'S BEST RECIPES

Every homemaker of course knows how to fry potatoes, but not every one seems to know how to fry them so that they will be brown, crisp, and not greasy. For children especially foods should not be greasy and should have no suggestion of burned fat. Cooked potatoes can be browned quickly and easily in a little butter at rather low temperature, and for children this seems the best way of browning them. In any case slow cooking in only a little fat makes a golden brown crust over the outside, while the inside remains soft and yet does not absorb the fat. Use a heavy skillet, let the pieces brown on one side before turning them, and cooking only enough at one time to cover the bottom of the skillet in a fairly thin layer, are three other fine points in frying potatoes to a turn.

Shredded carrots cooked in milk is an ideal way to prepare them for

children because it is adding calcium to calcium for building teeth and bones. And we believe that you will find too that the grown-up members of the family who turned up their noses at carrots before will think that they have discovered a new vegetable when they taste them prepared in this way. For a family of five you will need about one quart of the shredded raw carrots. Use a coarse grater or vegetable slicer and you can prepare the carrots in a very few minutes. For this quantity of carrots you need about a pint of milk. Bring the milk to the boiling point, add the shredded carrots, and let them cook gently for from 15 to 20 minutes. Add about 1/2 teaspoon of salt, 2 tablespoons of butter, and serve with the milk around them. The natural bright color of the carrots seems to be made even brighter by the cooking in milk and the flavor is delicate and sweet. If the milk is allowed to boil up while the carrots are cooking it forms a scum and they are not so attractive.

Asparagus or peas, too, need short quick cooking in only a little lightly salted water. This keeps the fresh green color, delicious flavor, and valuable mineral salts. If asparagus is cut into pieces an inch or two long it is easier to cook and in better form for children to eat. Both asparagus and peas are delicious seasoned with cream, but to serve with carrots cooked in milk a butter sauce would be better.

For the biscuit type of strawberry shortcake you will want to make enough dough to fill an ordinary pie plate, or to cut out large-sized individual biscuits. Some people prefer double-decker shortcakes made by baking one round of dough on top of another. For this, roll the dough rather thin, butter the lower round before placing the other one on top, so that they can be easily separated for filling with the crushed fruit. The following recipe will make

enough shortcake for the family of five persons: $1/2$ cup milk; $1-1/2$ cups sifted soft-wheat (pastry) flour; 3 to 4 tablespoons fat; 2 teaspoons baking powder; $1/2$ teaspoon salt. One tablespoon of sugar may be added if a sweet dough is liked. All dry materials are mixed and sifted together, the fat is worked in lightly, and the liquid is added. A very light soft dough is desirable for a shortcake so more liquid may be added, if lightly handled, up to the point where it is just possible to roll the dough out into a single round sheet. Bake in a very hot oven (450° to 500° F.). It is not necessary to grease the pan.

About an hour before they are wanted pick over, hull, and wash the berries. Reserve the best ones for the top, cut or crush the others, sprinkle with sugar, and allow them to stand to sweeten and develop flavor. Split the biscuit when done, butter both pieces generously, and spread the berries between the layers and on top.

Either sponge cake or plain butter cake may be used for the other type of shortcake. The ingredients given below will make two layers of plain butter cake of which you will probably only use one for the shortcake. If you prefer divide the recipe by two and make a smaller quantity of cake. You will need: $1-1/8$ cups milk; 3 cups flour (soft wheat); $1/3$ cup fat; 1 egg; 5 teaspoons baking powder; $1-1/4$ cups sugar; $1/4$ teaspoon salt; $1/2$ teaspoon flavoring. Mix either by the muffin method - all dry ingredients together, all liquid and then combine, or by the regular cake method, starting with the butter and sugar, creamed together.

We have given the recipe for sponge cake before in these radio talks, but will repeat it. It will hardly pay you to make less than the amount specified in Farmers' Bulletin 1450, which requires the following: 1 cup flour (soft wheat); 1 cup (4 or 5) eggs; 1 cup sugar; $1/2$ teaspoon salt; 3 teaspoons

lemon juice; 1/2 lemon rind grated. To mix a sponge cake add the sugar to the beaten egg yolks and then the flour and half the salt after the flour has been sifted. Add the other half of the salt to the egg whites, beat them stiff, fold them into the mixture, and add the flavoring last. For beating the eggs a dover beater gives satisfactory results and requires less time and energy than a wire whisk. Pour the batter, as soon as it is mixed, into a large smooth, ungreased shallow baking pan. Powdered sugar may be sifted over the top to make the crust more crisp. The oven should be ready for the cake as soon as it is mixed and in the pan. Bake slowly at about 325° F.

When you are ready to whip your cream have both the bowl and the cream well chilled. Half a pint will be enough for shortcake for 5 persons. Use a dover beater and when the cream is almost thick enough add 2 tablespoons of sugar and a pinch of salt. Do not combine the cake, cream and strawberries until it is time to serve the dessert.

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QUESTIONS WOMEN ARE ASKING

Question: Why do so many American children born in a country with almost limitless food resources give evidences of malnutrition?

Answer: The outstanding reason for malnutrition among American children is bad food habits. In no other country is the child allowed to decide for himself what he will or will not eat as he does here. Of course, there are some parents who do not provide the right food for their children because of lack of knowledge of food values or failure to understand the importance of the information at hand. In any case bad food habits, whether based on the

child's choosiness or the parent's lack of information, can be corrected only through education of the parents. And this means education in the right direction - in what are the proper foods for children and how can they be trained to eat wholesome foods.

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Question: Why is such great emphasis being placed on vegetables and fruits in the diet of children?

Answer: Vegetables and fruits are rich in minerals and vitamins and these are food substances that children especially need for building strong, healthy bodies. Children need two servings of fruit and one or preferably two servings of vegetables every day in addition to potato, so the child specialists say. Though practically all kinds of fruit and vegetables are good for children, they recommend that oranges, grapefruit, tomatoes, and green-leaf vegetables be given most frequently.

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Question: Why should children be given sweet foods only at the end of the meal?

Answer: Sugar is a very concentrated food which the body can use for fuel but nothing else. Because it is so quickly utilized by the body and is so concentrated, sugar dulls the appetite. Consequently if a child is allowed to eat sweets before or at the beginning of a meal, he has no appetite for the other foods he needs to build his body and keep it in good running order. For dessert, however, after he has disposed of other things, a child may well have a piece of candy, a few dates or figs, a simple cookie, or a piece of plain cake.

Question: Can you suggest ways of serving milk so as to make it seem like a special treat for children's parties and picnics?

Answer: Mix flavoring such as fruit juice, maple or chocolate sirup, vanilla, or other flavoring extracts thoroughly with the milk and serve it with drug store "straws."

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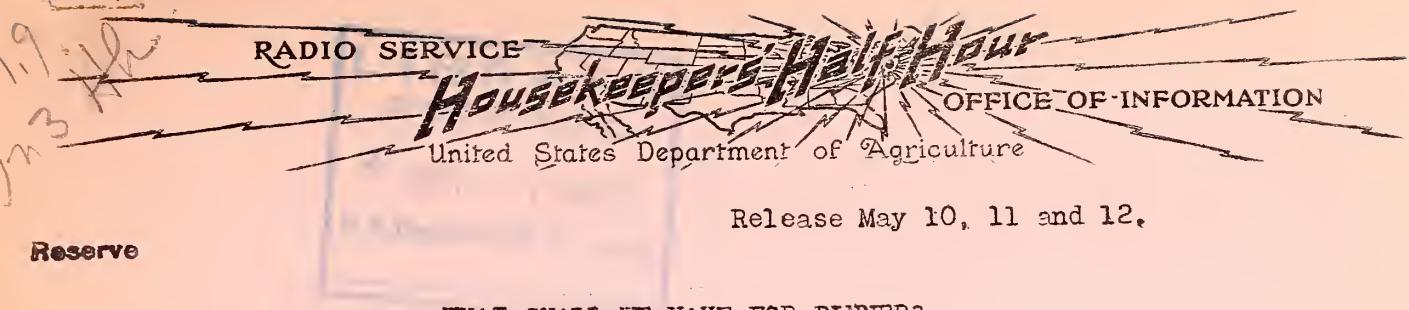
Question: At what temperature should milk be kept?

Answer: Milk should be kept at or below 50° F. If held at temperatures above 50° F., the growth of spoilage organisms soon produces changes which render it unfit to be used as food, especially in the case of children.

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Question: Should children have tea and coffee?

Answer: No. These beverages contain substances which are stimulating to the nervous system. Drinking tea and coffee regularly makes the nervous system dependent on a stimulant and this is an undesirable habit for children to form.



Release May 10, 11 and 12.

Reserve

WHAT SHALL WE HAVE FOR DINNER?

Have you tried any of what the butcher usually calls the "fancy meats," lately? These are just the thing for this time of year. They seem lighter and daintier in many ways than roasts and other meats which require a hot fire or long cooking. Most of these smaller meats can be cooked in such a very short time.

The "fancy meats" as they are sometimes called are the internal organs of the various animals such as sweetbreads, liver, brains, hearts, kidneys, and fresh tongues and tripe.

In food value, sweetbreads and other edible organs taken as a whole are about the same as muscle meats except that they are richer in one or more vitamins. Like the other meats the protein is of the efficient kind which the body can use to particular advantage for building and repairing its tissues. Some nutrition specialists have even gone so far as to say that the Eskimo and other primitive people who live on very restricted diets in which meat plays a large part are able to get along as well as they do because they eat the glandular organs as well as the steaks, roasts, and other cuts of the carcass. Animals of prey also choose the glandular organs in preference to the muscle meats if they get a chance. Whether these food habits of primitive people and animals of prey have any great significance as regards food value of these organs, certain it is from the standpoint of variety that sweetbreads, brains, liver, and the other organs have a well deserved place in the diet.

Calf's sweetbreads have the most delicious flavor of all the edible organs and are considered by many persons as the greatest possible delicacy

among meats. There are two kinds of these calf's sweetbreads, one the thymus gland from the neck and the other the pancreas which secretes the pancreatic juice for the stomach. These stomach sweetbreads are the kind generally sold in the market. They come in pairs varying in size with the age and the size of the calf carcass from which they were taken.

If you can not get sweetbreads, perhaps calf's brains will be on sale on your market. Many people think that calf's brains are the best but beef, lamb, and hog brains are also very good. We will give you recipes for cooking sweetbreads and brains in a few minutes.

Both sweetbreads and brains, and in fact all these so-called "fancy meats," spoil very quickly. Buy them on the day they are to be used if possible and give them their first cooking as soon as they come into the house. This is an advantage especially with the sweetbreads because they are generally parboiled before being prepared in other ways for the table. It is a coincidence not altogether fortunate that calf's sweetbreads and brains are most abundant in the warm season when greatest care must be taken to prevent spoilage.

New potatoes, boiled and seasoned with melted butter and finely chopped parsley would be excellent with the sweetbreads or brains. Or if new potatoes are not available in your community old ones might be prepared in a similar way or riced and dotted with butter. If you serve your sweetbreads or brains on toast you may prefer to omit the potatoes and use another green vegetable such as asparagus or a spring salad in addition to the one we are suggesting. Quick-cooked spinach or shredded string beans would fit in well we believe with this dinner. As a change from the usual kind of bread, how about Sally Lunn? We'll give you a recipe for yeast-raised "Sally" in a few minutes.

Our dessert today presents another opportunity to use eggs while they are at the height of their season. It consists of bananas and vanilla cookies in a soft custard with a meringue on top, and we'll tell you exactly how to make it.

The complete menu is as follows:

Sweetbreads, brains, or some other "fancy meat"

Boiled new potatoes seasoned with butter, or asparagus, or a spring salad

Quick-cooked spinach, or shredded string beans

Banana custard with vanilla cookies.

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These menus and recipes have been prepared by the Bureau of Home Economics of the United States Department of Agriculture. Any questions may be addressed directly to the bureau or to this station.

TODAY'S BEST RECIPES

For a family of five you will need at least two pairs of sweetbreads or possibly more if they are very small. We are going to give you two methods of cooking them, broiling and creaming. Remember that they will go much farther if creamed. So perhaps the method you follow will have to depend on how large a quantity of sweetbreads you can get.

As we said before sweetbreads, brains, and all these so-called "fancy meats" spoil very easily. So take no chances in this warm weather, and as soon as the sweetbreads come into the house, rinse them in cold water, and simmer them in a small quantity of water for 15 to 20 minutes or until they turn white and become firm. Like all protein foods they should be simmered rather than boiled, for intense heat hardens and toughens protein. Let the sweetbreads cool in this same liquor, if the dinner hour is sometime off. If the cooking

must be finished at once, plunge them quickly in cold water for a minute or two and then remove and discard the skin and the tough membranes;, leaving two tender lobe-shaped pieces of delicate flavor. For boiling, these pieces should be left whole, placed in a shallow pan, melted butter poured over them, sprinkled lightly with salt, and broiled in the oven until they are golden brown. Baste them occasionally with melted butter and a little of the stock in which they were parboiled. Make a sauce to serve with them from the drippings in the pan, the rest of the stock, and some milk or cream.

For creaming, cut the sweetbreads into small pieces, after they have been skinned and the tough membranes removed. Sprinkle lightly with flour and salt, brown the pieces a very delicate brown in butter in a heavy skillet, and make a sauce by adding the liquor in which they were parboiled and milk or cream or both. Sweetbreads cooked in either of these ways may be served on toast if desired.

Though it is quite a different story and doesn't belong in this menu, we can not help suggesting that you try sweetbreads in salad some time. They are parboiled in the same way, skinned, cut up, mixed with chopped celery, and salad dressing, and served on lettuce in the usual way. This is a suggestion for luncheon or supper this summer when you want to have something especially nice.

But to return to our dinner menu. If you are serving calf's brains to a family of five, you will need two or three sets. As a dinner dish we think that they would be best broiled whole in the same way as the sweetbreads and served either with or without a sauce. Brains are so soft and delicate in flavor that they do not need any parboiling and are better wiped off gently with a damp cloth rather than rinsed. Brains too may be served on toast, if something crisp is liked with them.

Several times in these radio programs we have spoken of cooking spinach quickly in just the water that clings to the leaves after washing. We are venturing, however, to emphasize this once again because spinach cooked this way is an attractive, fresh green vegetable entirely different from the tired looking dull green stuff that spinach becomes when overcooked. And the difference in food value is as marked as the difference in looks and flavor. So with this springlike menu, keep some of the springiness in the spinach by cooking it only 15 or 20 minutes, draining off the surplus liquor which has cooked out, or better still saving it for soup, chopping the spinach fine, and adding plenty of melted butter, and salt to taste.

Green string beans can be kept very spring-like too if shredded finely and given a short quick cooking in a comparatively small quantity of lightly salted water. Use the scissors for preparing the beans and cut them lengthwise into long thin shreds after the tips, ends, and strings have been removed. If the beans are young, they will cook tender in from 15 to 20 minutes and will be bright green and have a delicate fresh flavor. Season them with melted butter, and more salt if needed.

There are various kinds of Sally Lunns, some raised with yeast, some with baking powder. This recipe is for the yeast-raised kind. The ingredients are: 1-1/2 cups milk; 2 eggs; 1/2 cup water, lukewarm; 1-1/2 cakes yeast; 4 tablespoons butter; 3 teaspoons salt; 4 tablespoons sugar; 4 cups flour. Scald the milk, add the sugar, salt, and butter, and allow the mixture to cool. Soften the yeast in the water. When the milk is lukewarm add the yeast, the beaten egg, and the flour. Pour the batter into a buttered pan, and allow it to rise to double its bulk. With this quantity of yeast it should rise and be ready for baking in 3 to 4 hours, but the exact time depends on a number of things

and can not be given definitely. Try to time it though so that your "Sally" will be hot for dinner. Before putting it into the oven, sprinkle the top with sugar and cinnamon and bake in a moderately hot oven.

To bake the banana pudding you will need the following ingredients: 1 quart of milk; 5 eggs; 1/2 cup of sugar; 1 teaspoon of vanilla; 1/8 teaspoon of salt; 1/2 pound of vanilla cookies; 2 to 4 bananas, depending on the size. Make this dessert in the morning to give it time to develop flavor by the blending of the cookies, custard, and bananas. Prepare a soft custard using the yolks of the eggs, sugar, salt, and vanilla. Make it in the double boiler and allow it to cool. Then place a layer of the cookies in a pudding dish. They may be either your own or those bought in packages. Put a layer of sliced bananas over the cookies and pour part of the custard over both. Continue until all are used. Beat the egg whites very stiff and add 5 tablespoons of sugar, one for each egg white, also 1/8 teaspoon of salt and 1/4 teaspoon of vanilla. Pile lightly over the top of the pudding and put it in a moderate oven until the meringue is delicately browned. Let the dessert then stand for 4 to 5 hours.

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QUESTIONS WOMEN ARE ASKING

Question: Why is so much being said about the necessity of the right food for children?

Answer: In the midst of plenty, thousands of American children are not getting the foods they need for the highest development of mind and body. The United States has more food and better food than any other nation. Our pure food laws and sanitary methods of handling food supplies are world famous.

Along with our efforts to safeguard health through food control, however, we need to develop better food habits and so reduce our alarmingly high percentage of malnutrition. For the undernourished child does not have a fair start, and everything is harder for him. Even though his body may outgrow some of the visible signs of malnutrition, others not so apparent remain. His resistance is likely to be lowered so that he "catches" diseases easily. Faulty mental habits cling and in countless other ways he carries a handicap all through life.

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Question: Does milk contain minerals?

Answer: The mineral constituents of milk that are especially important to the body are phosphorous, iron and lime. Milk is much richer in lime, the chief constituent of bones and teeth, than are most other foods, and this is one of the reasons why it is an excellent food for children.

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Question: What is the significance of yellow fat in a beef fat?

Answer: Yellow fat in a beef cut or carcass usually denotes low-grade beef from a grass-fattened animal. Firm white tallow in a beef cut, with small veins of this fat appearing throughout the substance of the meat, denotes beef of a superior grade and such meat is usually tender and palatable.

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Question: Are cans for canning food made of tin?

Answer: No, they are made of iron with a thin coating of tin.

Question: Is cottage cheese a nutritious food?

Answer: Yes. Cottage cheese made from skim milk furnishes all the food principles found in milk except the butterfat. If desired, cream may be added to make up for this deficiency. There are many ways in which cottage cheese may be served cooked, as well as in its original form.

Question: Will canned meat become unfit for food through age?

Answer: The Federal Meat Inspection Service states that properly sterilized meat packed in hermetically sealed cans will keep indefinitely, provided air is not admitted through breaks or punctures in the cans due to rough handling or erosion from rust or similar cause.

Question: Does the manner in which eggs are cooked affect their digestibility to any great extent?

Answer: Yes, the temperature of cooking affects markedly the consistency of eggs. Lower temperatures coagulate the white into a tender jelly-like mass and allow the yolk to remain soft. Eggs so cooked are considered to be more easily digested than those toughened and hardened at higher temperatures, and for this reason coddling rather than boiling is recommended as a way of cooking eggs for children and persons of delicate digestion. Different methods of handling can also greatly change the consistency and appearance of egg dishes. Stirring while cooking, for example, makes scrambled eggs, and beating air in before cooking, the fluffy omelet. In souffles, cakes, and other baked products, eggs act as binders and serve as a means of incorporating air for leavening. In sauce, cream fillings, custards, candies, and icings, eggs thicken the mixture and give smoothness of texture. In salad dressings, they are the common emulsifying agent. Their adaptability to a wide variety of uses, therefore, as well as their high nutritive value, makes eggs one of the most popular foods the world over.

Reserve

Release May 13, 14, or 15.

WHAT SHALL WE HAVE FOR DINNER?

Our menu today is going to be built around one of the choicest of all spring meats, leg of lamb. We call it a spring meat, though, as a matter of fact it is on sale in large town and city markets the year around. In the spring, however, the supply of lamb is most abundant, and it can be obtained in more markets at a favorable price. This year the price has remained favorable for the person buying retail cuts over the butcher's block. The general run of lambs are a little heavier and fatter this year than the average. So, when you select your leg of lamb for dinner this time and find it weighs a pound or two more than usual do not jump to the conclusion that you are being sold mutton instead of lamb. The cuts from the heavier lambs are just as tender and fine flavored as from the lighter weight carcasses.

One more general thing about lamb and mutton before we go on with our menu. American people as a whole do not seem to appreciate this excellent meat. Americans, for instance, eat only about 5 pounds of mutton and lamb per person each year, and nearly half the total quantity eaten in the United States is by the people of the Atlantic Seaboard States. Canadians and French people consume 10 pounds of lamb and mutton per person each year, the British 25 pounds, and the Argentinians 28 pounds. Great Britain imports large quantities of her lamb and mutton, whereas we have an abundant home-grown supply. One of the great piers in Liverpool harbor for instance is given over to the so-called "mutton" steamers which bring meat from Australia and the Argentine. To judge by these other countries, Americans, especially in the States of the Middle West and South, seem to be neglecting a delicious meat when they fail to serve lamb and

mutton often on their dinner tables. In a few minutes we will tell you how to select and roast a leg of lamb.

To go with the roast leg of lamb in our menu, custom bids us mention green peas. Nobody seems to know just where the combination of lamb and peas originated or why it should be so firmly fixed, but there is no question that it tastes good. For this dinner we hope that you can get fresh green peas, from the South perhaps if they are not yet ready in your own garden. If fresh peas are not to be had, there are canned ones to fall back on.

Buttered spring onions, served on toast if you wish, would, we believe, be just right for the second vegetable with lamb and peas. Lamb has a flavor all its own and most people like it best when other flavors that can hold their own are served with it. This is the reason behind the traditional mint sauce or mint jelly with lamb, so we are including that too. In the recipes given later we'll tell how to make mint sauce. If you can not get the mint or do not have mint jelly on hand, currant or any other tart jelly or conserve will do. The main thing is to have a good sharp flavor that cuts the lamb fat and tones down its pronounced flavor.

Serve lamb hot, piping hot, if it is to be hot at all. Put it on a hot platter as soon as it comes from the oven, carve it quickly before it cools, and serve it on hot plates. The fat of lamb is different from that of most of our common meats. As the scientists put it, mutton and lamb fat has a high melting point. In other words it has to become and be kept very hot to stay in a liquid state. As soon as lamb fat cools even a little, it hardens and sticks to the plate. It then sticks to the tongue and to the roof of the mouth too when it is eaten, because it requires more heat for melting completely than we can give it. Because of this peculiarity about lamb fat, some families have be-

come prejudiced against even the lean meat when just the simple thing of serving it hot would have made it well liked by everybody.

For dessert strawberry ice cream made with fresh berries, and sunshine cake seems like the quintessence of spring, don't you think? Or if you prefer have vanilla ice cream and serve the strawberries with it as a sauce. We shall, however, give a recipe for strawberry ice cream that has the crushed fruit and juice frozen right in the cream. We'll also give a recipe for making sunshine cake, one of the "eggy" cakes that are in season when eggs are plentiful.

The whole menu is:

Roast leg of lamb

Peas, new green ones if possible

Buttered spring onions

Fresh strawberry ice cream with sunshine cake.

TODAY'S BEST RECIPES.

For roast leg of lamb, choose a plump well-fatted leg weighing 4-1/2 to 5-1/2 or 6 pounds. As we said before, market lambs are running a little heavier this season, so you may have to get one weighing a pound or two more than usual. This is no drawback, however, for cold sliced leg of lamb is just as much a delicacy as the hot roast and you can use up every scrap. Prepare the leg for roasting by wiping it off with a damp cloth. Rub salt over the outside. Some cooks believe in rubbing flour over it too and some do not, so take your choice. The meat will be good either way. Then place the meat with the bone side up in heavy roasting pan preferably on a rack and put it in a very hot oven (about 500° F.). (If roasted in this position the thick portion of the meat will be

most convenient for carving. Let the meat stay at this high temperature for 20 minutes until it sears over; then let the oven cool down to a moderate temperature (about 350° F.) and continue the roasting for 2 to 2-1/2 hours, depending on the size of the leg. A general rule is to allow 15 minutes per pound, counting out the time required for searing. Most people prefer lamb well done, though it should not be cooked so long that it is dry. Baste the meat occasionally during roasting with the drippings, but do not add any water. Leg of lamb is one of the tender cuts which should be cooked at fairly high temperature and needs no moisture added during cooking. If water were added it would simply serve to draw out the juices and take away from the rich flavor of the meat itself. We repeat, serve the lamb hot on a hot platter and have the dinner plates hot when the meat is carved and put on them. Be sure also to carve crosswise of the grain through the thickest portion of the leg. Attractive shaped slices can be easily cut out in this way.

For mint sauce enough to serve to a family of five with roast leg of lamb you will need 1 cup of vinegar diluted with 1 cup of water, 1 cup of fresh mint leaves, enough sugar to sweeten slightly, and salt to taste. Heat the vinegar and water gradually, but do not let it boil, for this will spoil the flavor of the vinegar. Add the mint leaves which have been bruised and let them steep on the back of the stove. Heat the sauce again just before serving and if you wish it to look particularly attractive strain out the bruised mint leaves, which have darkened in standing, and put in fresh leaves. Be sure that the sauce is hot when served so that it will not cool the meat when poured over it on the plates.

In the course of these Housekeepers' Half Hours we have spoken several times about cooking green peas so that they remain fresh and green. The secret is, as with other fresh green vegetables, short, quick cooking in a comparatively small quantity of lightly salted water, boiling hot when you put the vegetable in. Peas should cook tender and be ready to serve in 15 to 20 minutes.

Many people think of eating the slender spring onions only raw. If you like them that way we believe you'll like them as well or better cooked. Before cooking, trim off most of the green tops. These develop a rather unpleasant flavor and become slippery during cooking so discard them and keep only the slender white part with an inch or two of the delicate green tops. Drop the onions into a small quantity of boiling, lightly salted water and cook for 10 to 15 minutes. They will then be tender and ready to season with butter. Don't spare the butter on spring onions, it helps to make them good. These can be served just as they are, or toast under them will absorb the liquor and melted butter, just as it does under asparagus. And particularly in this menu that has no potatoes, rice, or other starchy accompaniment with the meat, the toast under the onions would be particularly good.

To make a quart of strawberry ice cream, you will need a copy and a half of crushed berries and juice. Firm, red-ripe fruit is best, and crush it by pressing through a colander. This is a quick and easy way and makes certain that no large pieces of berries are left to form hard, icy, sour lumps which chill the teeth and set them on edge when the ice cream is eaten. Strain off a little of the juice from the pulp, and mix this juice with 1 cup of sugar. Heat this just long enough to dissolve the sugar, and stir it so that no sugar remains undissolved and the sirup does not scorch. Only a little of the juice is used in

making this sirup because heating is likely to destroy some of the fresh flavor and bright red color of the fruit. Add this sirup to the other fruit. If it seems flat in flavor, add 1 to 2 tablespoons of lemon juice to tone it up and increase the brilliant red color. Combine the sweetened crushed fruit with 1 pint of cream of 18-per cent fat or more. This is about the richness of the cream often sold as "coffee" cream. Or if you wish, use 1 cup of double cream and 1 cup of milk. Add from $1/8$ to $1/4$ teaspoon of salt. As soon as the mixture is chilled, it is ready to freeze. If it has curdled do not be disturbed. This will disappear during freezing and the cream will be smooth and velvety.

Here are a few good points about freezing ice cream at home. Use 1 part of coarse salt to every 8 parts of finely crushed ice, and mix these together before putting them in the freezer. Also give the crank a few turns before the ice is packed in to see that every part works properly. Turn the crank slowly at first. The cream does not freeze any better by starting off rapidly, and energy is better saved until it is needed when the cream begins to stiffen. After the freezing is finished remove the dasher, pack the ice cream, and let it stand for 2 or 3 hours to ripen.

Sunshine cake is one of the sponge cake group which contains a large proportion of eggs and no butter or other fat. For a good-size cake you will need 6 egg whites and 3 yolks; 1 cup of sifted soft wheat or pastry flour, 1 cup of sugar; $1/2$ teaspoon of salt; 1 teaspoon of flavoring; and 1 teaspoon of cream of tartar. Beat the yolks and whites of the eggs separately, adding half of the salt to the egg whites so that they will beat up very stiff. Add the sugar to the beaten egg yolks and begin adding the flour to which the cream of tartar has been added. This mixture will be so stiff that you will have to add some of the

beaten egg whites for moisture before all of the flour is mixed in. Fold in the egg whites very carefully so as not to release any of the air which you have been so careful to beat in. This air is the only leavening in this kind of cake. Last of all, add the flavoring. Pour the batter as soon as it is mixed into a smooth, ungreased tube pan. A tube pan is best for baking a cake of the sponge type because the center opening allows the mixture to heat evenly. The oven should be ready for the cake as soon as it is mixed and in the pan but be careful not to have the oven too hot. A sunshine cake, containing as it does a great deal of egg, should be baked slowly in a very moderate oven (about 325° F.)

No questions and answers this time.

ANNOUNCEMENT.

This is the last of the series of the Housekeepers' Half Hour talks this spring. This service will be resumed again in the fall.

